



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 50 Transcript: Creating a Rule of Life

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This week, we set a framework, and trajectory for success beyond this program, by talking about developing a personal Rule of Life.

Creating a Rule of Life isn't about setting rigid rules to live by, yet it is about establishing a clear and intentional structure that supports your growth and forward progress.

You can replace the word "rule" with "rhythm", if you prefer. Either way, when you create a deliberate flow to your day, your decision-making, your relationships, for example, you can purposely live your life with satisfaction.

I'm reminded of the quote I shared early on in this program by David Campbell that says: "Discipline is remembering what you want." Developing the disciplines and structure to support a life that you love must be intentional.

It must also be informed. Now that you've explored your identity, values and mission in greater detail, and understand your Shadow Self and what might hold you back, you can design the blueprint of your life with clarity.

Creating any structure begins with self-assessment and identifying where you want to continue to grow and change. It might be fun, or at least interesting, to re-visit what you identified as the pattern you wanted to work on during the first few weeks of the program.

For many of us, there will have been improvement, as well as an on-going opportunity to continue practicing what we've learned. Check-in and see if this is an area you want to keep working on, or if there is a different edge you are ready to cross.

From here, you step into developing goals. There is a familiar acronym that supports this process and guides you in establishing SMART goals.

The S is for Specific. Target a specific area you want to work on and establish a goal that is well defined.

The M is for Measureable. Quantify how you'll know that you are improving or progressing toward your goal. Give it some substance.



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The A is for Attainable. Make sure the goal is feasible and reachable within the specific and measurable components you've given it.

The R is for Realistic. Assess if the goal can be accomplished within the resources available. Like time, money and knowledge, to name a few.

The T is for Timely. Give yourself enough time to complete it, but not too much time that it is easily put off until a later date.

Once you've established some SMART goals it's important to notice the barriers that stand in your way. Being realistic and honest about these perceived obstacles will help you achieve the most success.

Often, determining the disciplines and structure needed to support your goals starts with determining the self-care necessary to remove your obstacles.

If you have no energy to make forward progress, you may need to begin by making some SMART goals around sleep, diet, exercise and screen time late at night.

Determining what you are saying no to, so you can say yes to remembering what you want, will free up valuable time and energy. You may have to quit something you've committed to that doesn't align with your core values, make a boundary in a relationship that's creating impedance in your life or declutter your mind, heart or house.

These goals are still moving you toward your original goals. But first, creating space for you to step over the edge.

Next, explore and understand your motive. Why is accomplishing these goals important to you? This may be the most important part of this process.

We often dive in with a new goal around a new idea without understanding what we're aiming for and why it's important to us. When we connect to the compelling motivation in each of our endeavors, we find a deeper, more solid sense of purpose.



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I invite you to go back through your core values and life mission. Remember who you are and what is life-giving. Find motivation that aligns with this and you'll find courage to keep moving forward.

Lastly, set up accountability around these new goals and the rules and rhythms you've developed to support them. But, here's something to consider: invite this person to help you remember what you want, not keep score around how well you are performing around your efforts.

Really think about what you need this person to offer as a resource of accountability and ask for what you need. When you approach a rule of life from the Good Enough mindset remember, "it's enough, AND there's more."

This week we'll be clarifying the disciplines and structures that will support you beyond this program as you create a personal Rule of Life. Be sure to download the action guide to support this process as you share what you are learning on our group page.